

Rock My Boat

拍數: 0 牆數: 0 級數:
編舞者: Kash Bane (UK)
音樂: Rock The Boat - Aaliyah



Sequence: AA B AA BB AA B until end

PART A

FORWARD SHUFFLE, ROCK, RECOVER STEP WITH ½ TURN, FORWARD SHUFFLE, ½ PIVOT TURN

- 1&2 Step forward right, close left to right, step forward right
3&4 Rock forward on left, recover on right making a ¼ turn left, step forward on left making a further ¼ turn left
5&6 Step forward right, close left to right, step forward right
7&8 Step forward left, pivot a ½ turn over right shoulder, step forward on left

¾ TURN & CROSS, ROCK AND CROSS, FULL MONTEREY, FORWARD SHUFFLE

- 1&2 Do a ½ turn stepping back on right, follow with a ¼ turn stepping left to left side, cross right over left
3&4 Rock left to left side, recover on right, cross left over right
5-6 Point right to right side, do a full turn over right shoulder by stepping right next to left
7&8 Step forward on left, close right at left, step forward on left

POINTS, RIGHT SAILOR STEP, STEP UNWIND, ROCK AND RECOVER

- 1&2 Point right toe to right side, return to center, point right to right side again
3&4 Step right behind left, step left to left side, step right to right side
5-6 Step left behind right, unwind a ¾ turn
7-8 Rock right to right side, recover onto left

ROCKING STEPS, ROCK, RECOVER, CROSS UNWIND

- 1&2 Rock back on right, recover on left, step forward on right
3&4 Rock back on left, recover onto right, step forward on left
5-6 Rock forward on right, recover onto left
7-8 Cross right over left, unwind ¾ left

PART B

HIP ROCKS AND SIDE SHUFFLES TWICE

- 1-2 Rock hips to right then left
3&4 Step right to right side, close left at right, step right to right side
5-6 Rock hips to left then right
7&8 Step left to left side, step right next to left, step left to left side

SLIDES AND BODYROLLS TWICE

- 1-2 Take a large step to the right, slide left to right
3-4 Body roll downwards
5-6 Take a large step to the left, slide right to left
7-8 Body roll downwards

1 ¼ VINE RIGHT, 1 ½ TURN BACK

- 1-4 Do a ¼ turn right stepping forward on right, do a ¼ turn right stepping left to left side, do a ¼ turn right stepping right to right side and finish with a ¼ turn right stepping left to left side
5-8 Make a ½ turn over left shoulder stepping left forward, do another ½ turn stepping right back, do a third ½ turn stepping forward on left and step right next to left

SNAKES AND HIP BUMPS TWICE

- 1-2 Snake right by lowering right shoulder and raising left hip then raising right shoulder and lowering left hip while moving right
- 3&4 Bump hips right, left, right
- 5-6 Snake left by lowering left shoulder and raising right hip then raising left shoulder and lowering right hip while moving left
- 7&8 Bump hips left, right, left
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